



Special Occasion Eating



Special occasions such as parties, celebrations, or holiday meals can pose risks for overeating. Here are some tips:

Splurges add up.

- Consider the weight loss you have achieved so far and what you have done to get to this point. Is splurging really worth it?
- Don't mislead yourself that one splurge isn't going to have an impact on your weight program.
- Avoid drinking alcoholic beverages as they are empty calories and make it harder for you to avoid temptation.

Be prepared.

- Eat a small meal or snack before the special occasion so that you are less hungry.
- Fill up ahead of time on water or other low calorie beverages.

Don't deny yourself.

- Go ahead and have a taste of those special foods, but limit your portion sizes. Eat these special foods slowly and enjoy every morsel.
- Choose low calorie munchies such as crunchy vegetables for balance.

Keep your hands and mouth occupied.

- Focus on the conversation and having a good time rather than the eating. Get out on the dance floor!
- Chew gum or have a mint or Tic Tac®.
- Keep a glass in your hand containing a low calorie drink. It is hard to overeat if your hands are busy.

